# AGREAT PLACE to build your FUTURE

# NEW HOME SITES AVAILABLE

### This popular, well established community is growing again

- for the last time! This is your chance to be a part of it, to build your home with all the comforts and conveniences that only a new home can provide. Come see the latest in home design!



For community information, please contact: 204.254.9225 or info@riverparksouth.com



# VISIT OUR SHOW HOMES

There are six, beautiful new show homes located on Wainwright Crescent, just off Aldgate Road.

### **PARADE HOURS:**

MONDAY to THURSDAY: 3:00 - 8:00 pm

FRIDAY: by appointment only

**SATURDAY & SUNDAY:** 12:00 – 6:00 pm

# **RIVER PARK SOUTH OFFERS:**

- A full range of excellent schools, in both English and French
- One of the finest community centres in Winnipeg
- A newly renovated library
- A village shopping centre
- Parks, playgrounds, lakes & trails





COMMUNITY NEWSLETTER
FALL 2014

# JONATHAN TOEWS COMMUNITY CENTRE

Home of the Dakota Lazers











1188 Dakota Street • Winnipeg, MB R2N 3H4 • (204) 254-1010 • www.dakotacc.com

# CITY COUNCILLOR 2014



# **ENERGY. EXPERIENCE.**

- ☑ Raised over \$65 million for school playgrounds, safe routes to school, trails, parks, recreation, heritage and age friendly projects
- ☑ Brought community concerns to City Hall over 60 times
- ☑ Worked with over 50 community groups city wide

# **RESULTS IN SOUTH ST. VITAL**

I was directly involved in and helped achieve:

- ☑ Dakota Trail development
- ☑ Bishop Grandin Greenway Trail

**Community Centres are a PRIORITY for** me, I will work towards:

- □ upgrade building infrastructure
- ☑ seek new funding partnerships ☑ continue the City's renovation fund program

Councillor St. Norbert

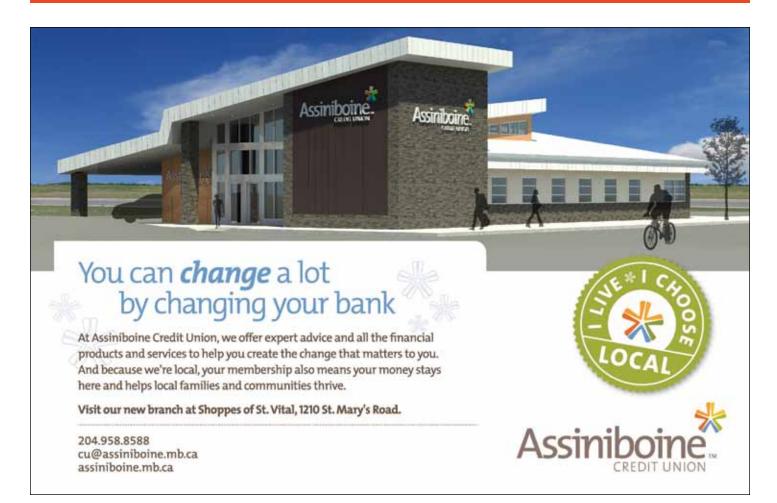
On October 22nd
VOTE

**JANICE** 

Work with community to expand Jonathan Toews Community Centre

Energy. Experience. Results.

(204)952-6878 **f** www.JaniceLukes.ca





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Jonathan Toews Community Centre, **Home of the Dakota Lazers** 

1188 Dakota Street Winnipeg, MB R2N 3H4

Tel: (204) 254-1010 Web: www.dakotacc.com

This publication has been produced by

Write It Right

Project Manager Lori Kemp

# **ONLINE REGISTRATION**

### ONLINE REGISTRATION IS COMING TO JTCC!

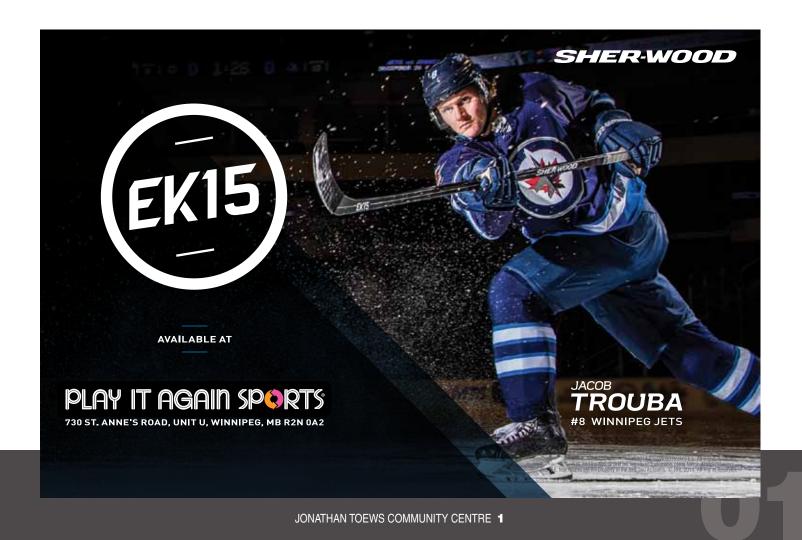
Our upcoming fall registration will be online only for the very first time, beginning Sunday, August 24th through Sunday, September 7th.

All parents registering their children for basketball, indoor soccer and ringette must register at www.dakotacc.com/registration. Parents who are interested in coaching will also have the opportunity to sign up during the registration process.

Registration for minor hockey is administered through St. Vital Minor Hockey Association, at www.stvitalhockey.ca.

Smartphone users can scan the code on the front of the newsletter and be automatically directed to Jonathan Toews Community Centre's website. We are on Twitter and Facebook







# PRESIDENT'S MESSAGE

Hope you've had a great summer!

A short while ago, you may have come across a 'Best of Winnipeg' insert in The Lance (June 11th edition). In that publication, according to the second annual readers' survey conducted by Canstar Community News, Jonathan Toews Community Centre was recognized as the best community centre in Winnipeg,

The survey result came as no surprise to us, of course, but it was gratifying nonetheless. JTCC continues to be a success because of terrific volunteers, staff, and a community spirit that's second to none. We take great pride in serving the membership, and striving to our mission: To provide excellent facilities and recreational programs in order to promote healthy and active lifestyles for our community.

Thanks to all of you for your participation and interest in our community centre. And thank you also for taking a few minutes to page through this newsletter to keep up to date on what's happening at the centre. An active and engaged membership helps to make – and keep – JTCC the best community centre in our city.

Tom Thiessen

President ■

# BOARD OF DIRECTORS

### **President:**

Tom Thiessen, (204) 253-6722 email: tom@bomamanitoba.ca

Vice-President – Finance & Administration: Erica Poudrette, (204) 253-3445 email: erica2@mts.net

Vice-President – Winter Sports, Building & Grounds: Denis Marcon, (204) 256-9117 email: dmarcon@cfinance.biz

Vice-President – Summer Sports & Indoor Programming:

Dionne Deer

email: dionnepotapinski@yahoo.ca

### Secretary:

Lynn Austin, (204) 255-7457 email: lynn-cal-avery@shaw.ca

## Treasurer:

Denise Pope, (204) 256-9281 email: denise.pope@shaw.ca

### **Baseball Director:**

Luc Jubinville, (204) 452-1580 email: jubinville@mymts.net

### **Basketball Director:**

Brent Amos, (204) 256-9933 email: dakotabasketball@mts.net

# **Hockey Director:**

Joe Kozar, (204) 257-0187 email: razok@shaw.ca Seniors Programming Director:

Karen Irvine, (204) 255-2061 email: kkirvine@mts.net

### **Soccer Director:**

Pram Tappia, (204) 254-2868 email: ptappia@sbrc.ca

# Softball Co-Directors:

Moe Berard, (204) 257-9547 email: moeberard@shaw.ca

66 JTCC continues to be a success because of terrific volunteers, staff, and a community spirit that's second to none. 99

## **Public Relations Director:**

Carolyn Maguet, (204) 275-2363 email: rcmaguet@mts.net

# **Ringette Director:**

Michelle Jansen

email: dakotaringette@mymts.net

Gary Wuirch, (204) 254-3710 email: gwuirch@mymts.net

### **General Manager:**

Jacques Levesque, (204) 254-1010 ext. 204 email: jacques@dakotacc.com ■



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\*Deposit & Win contest ends September 30, 2014





# A SPECIAL THANK YOU TO ALL OUR ADVERTISERS

The Jonathan Toews Community Centre wishes to thank the many businesses who purchased an advertisement to make this publication possible. Your ad helped us to defer all costs relating to this newsletter.

We value your support and gratefully acknowledge your participation.



# SCHOLARSHIP RECIPIENTS

The Dakota Board of Directors was pleased to award scholarships to four very deserving high school graduates in 2014.

Our Dakota Community Centre Inc. scholarships are awarded annually to members who are pursuing post-secondary education, and who have demonstrated a strong academic performance and commitment to sport, leadership, and volunteerism at the club level.

# CONGRATULATIONS TO OUR 2014 SCHOLARSHIP RECIPIENTS:

• Braydon Ayotte (Dakota Collegiate)

- Ryann Bannerman (Glenlawn Collegiate)
- Sarah Hiltz (Dakota Collegiate)
- Sydney Last (Dakota Collegiate)

Photo on left: Ryann Bannerman (pictured here with Dakota Board Member Karen Irvine), was one of four Dakota Community Centre Inc. scholarship recipients in 2014.

# **VOLUNTEERS**

Interested in volunteering at the community club? We've got plenty of opportunities for those interested in serving as volunteer coaches, members of our committees, and helpers at special events.

If you're interested in volunteering, please contact Susan Southern at our office (204) 254-1010, or email susan@dakotacc.com. ■

# MEET THE COMMUNITY CENTRE STAFF: MELISSA VANSOELEN

Melissa VanSoelen is just one of the friendly staff members you'll see on a daily basis at JTCC. As the club's Program Coordinator, Melissa is responsible for coordinating the youth mini soccer program, yoga, the March house league hockey tournament, establishing our social media presence and much more!

# HERE ARE 5 QUESTIONS WITH MELISSA:

1) How long have you been at JTCC? I have worked for JTCC for six months.

# 2) What were you up to prior to joining us?

Prior to my employment with JTCC I worked for two years as the Program Facilitator for The Society for Manitobans with Disabilities. Being a newbie from Ontario, this gave me the opportunity to experience the city by participating in many activities unique to Winnipeg, for which I am truly grateful. It also gave me the chance to meet some remarkable and bighearted people!

# 3) What do you like best about working at JTCC?

What I like best about working at JTCC are the people who come to participate in our activities at the centre. Everyone here, including staff, are wonderful and interesting people and it has been a great pleasure to get to know so many people within the St. Vital community.



# 4) What is one thing about you that might surprise people?

One thing that may surprise people
-- and quite honestly surprises myself
-- is that I am learning to play hockey
and plan to be a part of a team/league
in the near future! I thank JTCC and
Anthony Knapp for the opportunity.

# 5) What do you like to do in your free time?

In my spare time I like to work on my side business ventures with Yoga. It has taken me places I never thought possible, including my current position here at JTCC.







# **DAKOTA FIELD HOUSE PROJECT**



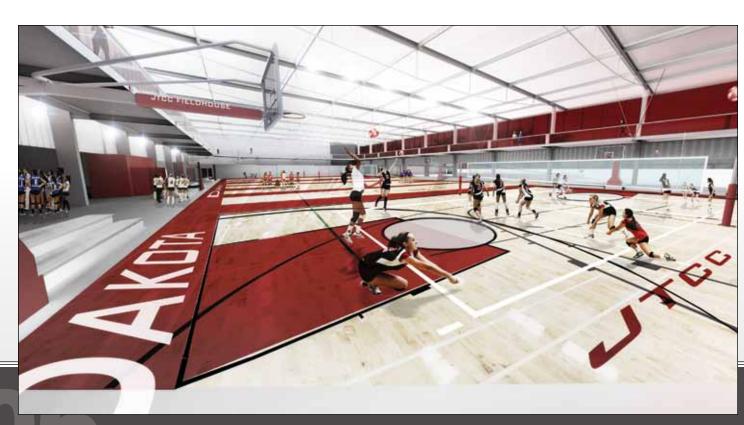
66 Our board of directors is hopeful that construction can commence by early spring 2015. 99

The Dakota field house project was officially announced in February 2013, thanks in large part to the generous support of both the provincial and municipal governments.

The proposed 50,000+ sq. ft. facility will provide much needed space for volleyball and basketball programming, and also for aerobics classes, pickleball, indoor baseball/ softball training, running/jogging and a number of other recreational activities.

Thanks to the good work of our Expansion Committee – chaired by Wayne Hiltz – and our project champions at the city and provincial governments, the fieldhouse is a giant step closer to reality, with City Council slated to vote on the final loan guarantee and costs this fall. Our board of directors is hopeful that construction can commence by early spring 2015.

We're very grateful for our elected officials who have championed this project: Minister Theresa Oswald, Mayor Sam Katz, Councillors Justin Swandel and Brian Mayes, as well as senior officials from the City of Winnipeg including CAO Deepak Joshi, and John Kiernan, Manager of Urban Design. Next time you see one of them, be sure to thank them for their support of our centre!



# **PROGRAMS**

# HIIT (HIGH INTENSITY INTERVAL TRAINING)

High Intensity Interval
Training involves
alternating between intense

bouts of exercise and low intensity exercise or even rest. Beginner-Advanced options! This type of training gets and keeps your heart rate up and improves fitness levels in less time, it's one of the best and quickest

# YOGA & 55+ YOGA

Yoga is for
EVERYONE and
EVERY BODY!
Designed to improve
health, lifestyle and
emotional awareness.

ways to get results.

Based on hatha and vinyasa yoga, it brings together balance, strength, flexibility and peace in one class. Yoga practice is designed to find peace within, growth and self-discovery.

### DANCEABILITY

Designed for all adults with varied movement abilities, DanceAbility participants are guided through a customized exploration of dance and self-expression.



# Incorporating group and individual exercises, participants will explore many different styles of movement

many different styles of movement, patterning and music in a fun and supportive environment. Devices such as wheelchairs, walkers, etc., are welcome. For more information please visit

www.accessdanceforlife.com

# ZUMBA & ZUMBA GOLD 55+

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

# ACTIVE AFTER SCHOOL (AGES 4-7)

The program goals are to involve children in a positive and fun experience with sports

and other organized physical activities indoors. Designed to develop a love of sport and active living that inspires them to join in local sporting and recreational activities throughout life. Wednesdays will be designated for Mini Soccer fun to progressively build on their skills and carry on a sense of camaraderie throughout the year.

### **FIT 4 TWO**

Fit 4 Two Stroller Fitness is a mobile way for you to get a full body work out and still be able to attend to your baby's needs. Each



class includes intervals of power walking, functional strength training and cardio drills followed by postnatal-specific core work and flexibility. Come out and meet other moms in your community! Please register at www.fit4two.ca

### 55+ 20/20/20

The 20/20/20 class is designed to give you the benefits of three different fitness classes in one! Sweat through 20 minutes of cardio.

20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge?

### JUDO (16+)

Judo, or the 'Gentle
Way', is a tremendous
and dynamic combat
sport that demands
both physical prowess
and great mental discipline.

Anyone under 18 must receive permission from parents. Tuesdays and Thursdays - 10 weeks (20 sessions) \$200.00. Note: A \$30 Judo Manitoba annual registration fee is optional for athletes that want to be graded and compete.

JTCC ACTIVE LIVING FALL CALENDAR				
55+ Yoga	Mondays & Wednesdays	11:00am-12:00pm		
HIIT (High Intensity Interval Training)	Mondays & Wednesdays	6:15pm-7:15pm		
Yoga (Beginner-Intermediate)	Mondays & Wednesdays	7:30pm-8:30pm		
55+ 20/20/20	Tuesdays	1:30pm-2:30pm		
Zumba	Tuesdays	6:00pm-7:00pm		
Fit4Two	Thursdays	9:45am-10:45am		
Zumba Gold 55+	Thursdays	11:00am-12:00pm		
DanceABILITY	Thursdays	2:00pm-3:00pm		
Judo (16+) 10 week program (Sept 16th-Nov 20th)	Tuesdays & Thursdays	7:30pm-8:30pm		
Active After School Ages (4-7)	Mondays, Tuesdays & Wednesdays (Mini Soccer)	4:30pm-6:00pm		

JONATHAN TOEWS COMMUNITY CENTRE 6 JONATHAN TOEWS COMMUNITY CENTRE 7



# WHAT'S NEW AT THE CLUB (AND WHAT'S COMING UP!)

### COMMITTEES

We've recently established four active committees to support Dakota's membership offering. Thank you to our committee chairs, staff, and volunteer committee members who generously give their time to this community service:

Policy Committee members: Erica Poudrette (chair); Denise Pope; Tom Thiessen; Jacques Levesque (staff)

Communications Committee members: Dionne Deer (chair); Karen Irvine; Anthony Knapp (staff); Carolyn Maguet

Building & Grounds Committee members: Denis Marcon (chair); Brent Amos; Brian Lemon; Jacques Levesque (staff); Bob Saelens (staff);

Expansion Committee members: Wayne Hiltz (chair); Richard Bosc; Jacques Levesque (staff); Denis Marcon; Erica Poudrette; Bill Wilford

### IMPROVEMENTS TO THE COMMUNITY CENTRE AND FIELDS

We're dedicated to continuous improvements at the centre, and you might have recently noticed a few projects in particular.

First, we've installed a brand new security system, complete with 20 high definition security cameras throughout the building, to improve the safety and security of our members, visitors and the property.

And we've built new pitching mounds at the baseball fields adjacent to Highbury School and Samuel Burland School, which have been a long time coming. The new mounds serve our minor baseball teams well, and have

66 We're dedicated to continuous improvements at the centre, and you might have recently noticed a few projects in particular. 🤊

There's also a new exterior wall being constructed in the North Rink.

This is a major, summer-long project that's set to be completed prior to the start of the hockey season.

also put Dakota Baseball in a position to host regional playoffs and city championships. The Mosquito 'A' City Championship round robin and final was hosted at Highbury Diamond in early July.







Massage Therapy Available

Improving community health naturally, one family at a time.





# **DAKOTA CRAFT SALE**

**Annual Christmas Craft & Vintage Quilt Show & Sale** 2 Floors of Crafts – 80 Vendors • Baking & Unique Gift Ideas Saturday, November 1, 2014 10:00 am to 5:00 pm Sunday, November 2, 2014 10:00 am to 4:00 pm Admission \$3.00 • Children under 10 Free

JONATHAN TOEWS COMMUNITY CENTRE 8 JONATHAN TOEWS COMMUNITY CENTRE 9



# **FALL HOCKEY CAMPS**

The following Pre-Tryout Hockey Camps are available at the Jonathan Toews Community Centre. Camps run this year from September 2nd until October 9th. All sessions are 1 hour in length, and are held at JTCC.

# THIS YEAR WILL FEATURE SIX **CAMPS TO CHOOSE FROM:**

- 5-6 Squirts 7-8 Novice
- 9-10 Atom 11-12 PeeWee
- 13-17 Bantam/Midget
- 11-17 Girls Camp

Camps are run by qualified JTCC hockey instructors, under the guidance of Anthony Knapp. Registration for all camps are online at www.dakotacc.com, under Fall Hockey Camps. Please contact Anthony Knapp with any

questions at (204) 254-1010 ext 201 or Anthony@dakotacc.com. ■

# **DAKOTA NURSERY SCHOOL**

PRESCHOOL PROGRAMMING FOR 3 & 4 YEAR OLDS

### **CLASS OPTIONS**

Mon. & Wed. & Fri. 9:00-11:30 am Tues. & Thurs. 9:00-11:30 am Mon. & Wed. 1:00-3:30 pm

To register your child for classes, a completed registration form, found on our website and a \$55.00 Registration Fee are required. For more information: Email lpurdey@mts.net Phone 204-256-4748

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\*People undergoing orthodontic treatment are not eligible for this offer

# YOUR COMMUNITY SPORTS INJURY CENTRE

**ATTENTION SOCCER COACHES** 

Visit our website at www.vistaplacephysiotherapy.ca For a presentation on soccer warm-up and injury prevention.

Get your atheletes ready with an active warm-up. Also, see the website for concussion guidelines & return to play protocol.

1631 St. Mary's Rd 204-253-2165 (Next to St. Vital Market Foods)

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# **DAKOTA 55+ LAZERS PROGRAMS**

# "AGING IN PLACE - ENHANCING LOTS OF ACTIVITIES -MIND, BODY AND SPIRIT"

Dakota 55+ Lazers Program offers many activities each week hoping to increase connections between sports/ recreation and health and to provide an opportunity for older adults to become more aware of resources that are available in their community.

Whether you come to walk, skate, exercise, play games, we welcome you to share your suggestions on how we can work together to make "Dakota 55+ Lazers" a success.

# **SIGN UP TODAY!**

We have the following activities available to all seniors within the Dakota area.

All participants must have a valid membership of \$12.00. Most activities have a daily drop in fee of \$3.00.

Monday: 11:00 to 12:00 Yoga (\$50.00 for 10 sessions), 12:30 to 3:30 Cribbage (Drop in \$3.00)

Tuesday: 9:30 & 11:30 Floor Curling -Contact Brian @ 204-253-9200 10:00 to 11:30 Line Dancing

66 Congratulations to all of our members who took part in the 55+ Games in Neepawa this past June. 99

### 55+ GAMES

Congratulations to all of our members who took part in the 55+ Games in Neepawa this past June. Congrats to Silver Medalists Wally and Vera Jopka for Floor Shuffle and the team of George and Kathy Wiebe and Fred Sparling and Venetta Bolton for winning a Silver medal in Floor Curling. It was truly a great event and lots of hard work by the Neepawa Seniors to organize all of the activities.

# **OPEN HOUSE -**THURSDAY, AUGUST 28TH FROM 1:00 TO 3:00

Please join us at an Open House to showcase all of our activities on August 21st from 1:00 to 3:00, 2nd floor at JTCC.

- Beginners (Drop in \$4.00)

Wednesday: 12:30 to 3:30 Whist (Drop in \$3.00), 11:00 to 12:00 Yoga (\$50.00 for 10 sessions)

Thursday: 9:30, 11:00, 12:30 & 2:00 Floor Shuffle - contact Wally @ 269-0777, 1:00 to 4:00 and 6:00 to 9:00 Craft Corner - Quilting, sewing, knitting, etc. New Quilters are welcome. Come share ideas with fellow artisans.

Pickle Ball courts are available Monday, Tuesday, Wednesday - 12:30 to 3:30, Thursday and Friday - 9:00 to 12:00

Coming soon – Zumba

More information contact Senior Facilitator, Karen Irvine at 254-1010 ext 206. Check out www.dakotacc.com for an updated calendar...



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